

## APPENDIX

### ENRICHMENT MATERIALS

#### GOOD HEALTH PRACTICES

Good health practices that adult students may read, write and teach to their children:

1. Taking a full bath more than once a week.
2. Brushing the teeth at least once every day.
3. Sleeping long hours with windows open.
4. Drinking as much milk as possible, but no coffee or tea for children.
5. Eating some vegetables or fruit every day.
6. Drinking at least four glasses of water every day, one before breakfast.
7. Spending part of every day out of doors.
8. Head erect—Chest up—Waist flat.

#### OTHER IMPORTANT HEALTH SUGGESTIONS

1. Know where your drinking water comes from, or you can be pretty sure where you are going.
2. Close air is a poison.
3. Swat the fly.
4. To bar disease—use a bar of soap.
5. Would your finger-nails take first prize at a county fair? A nail brush costs 10 cents.
6. Have horse sense and eat oatmeal.
7. Fresh air, good food, and sunshine are three of the main rules of the health game.
8. Keep the head cool and the feet warm and dry.
9. Bad teeth cause many ailments.
10. If you are proud of your town, make your back-yard show it.
11. Try today to sit up and stand up straight, to eat slowly, and to attend to each need of the body at its regular time.
12. Work, play, rest, and sleep every day.

#### GOOD CITIZENSHIP

A good citizen should know how to write his own letters.

A good citizen should know how to read the newspapers and the Bible.

A good citizen should know how to keep his own accounts.

A good citizen should have good food for his children.

A good citizen should keep his children well.

A good citizen should keep his children in school.

A good citizen should work and play.